



WESTLAKE
DERMATOLOGY
& Cosmetic Surgery

Antiseborrheic Shampoos

Seborrheic dermatitis (generally known as dandruff) and scalp psoriasis respond well to medicated shampoos.

Shampoos should be rubbed gently into the scalp and left on for at least 5 minutes before rinsing. When redness, flaking, and itching are severe, daily use will result in faster improvement. As symptoms improve, you may use them less frequently.

If one shampoo is used continuously, it may lose its effectiveness. It is best to use two or more shampoos containing different active ingredients and alternate them daily or weekly.

Below is a list of several commercially available antiseborrheic shampoos (**active ingredients in bold.**) There are many other brands and you should feel free to substitute.

Selenium Sulfide

Blue Head and Shoulders (1% selenium sulfide)
Selsun Blue (1% selenium sulfide)

Pyrithione Zinc

White Head and Shoulders (1% pyrithione zinc)
DHS **Zinc** Shampoo (2% pyrithione zinc)
Zincon (1% pyrithione zinc)

Tar

Neutrogena T/Gel (0.5% coal tar) or Neutrogena T/Gel extra strength (1% coal tar)
DHS **Tar** Shampoo (0.5% coal tar)
Ionil-T (1% coal tar) or Ionil-T Plus (2% coal tar)

Ketoconazole

Nizoral (1% ketoconazole)

Salicylic Acid

Neutrogena T/**Sal** (3% salicylic acid)
Sebulex (2% sulfur/2% salicylic acid)
Ionil (2% salicylic acid)